

BURN PHASE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Burn Circuit 1	Rest Day	Burn Circuit 2	Burn Intervals & Ab Burner	Burn Circuit 3	Burn it Off & Recharge	Rest Day
Burn Circuit 1	Rest Day	Burn Circuit 2	Burn Intervals & Ab Burner	Burn Circuit 3	Burn it Off & Recharge	Rest Day
Burn Circuit 1	Rest Day	Burn Circuit 2	Burn Intervals & Ab Burner	Burn Circuit 3	Burn it Off & Recharge	Rest Day
Burn Circuit 1	Rest Day	Burn Circuit 2	Burn Intervals & Ab Burner	Burn Circuit 3	Burn it Off & Recharge	Rest Day

PUSH PHASE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Push Circuit 1	Rest Day	Push Circuit 2	Burn Intervals & Ab Burner	Push Circuit 3	Burn it Off & Recharge	Rest Day
Push Circuit 1	Rest Day	Push Circuit 2	Burn Intervals & Ab Burner	Push Circuit 3	Burn it Off & Recharge	Rest Day
Push Circuit 1	Rest Day	Push Circuit 2	Burn Intervals & Extreme Abs	Push Circuit 3	Burn it Off & Recharge	Rest Day
Push Circuit 1	Rest Day	Push Circuit 2	Burn Intervals & Extreme Abs	Push Circuit 3	Burn it Off & Recharge	Rest Day

LEAN PHASE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lean Circuit 1	Rest Day	Lean Circuit 2	Burn Intervals* & Extreme Abs*	Lean Circuit 3	Burn it Off* & Recharge	Rest Day
Lean Circuit 1	Rest Day	Lean Circuit 2	Burn Intervals* & Extreme Abs*	Lean Circuit 3	Burn it Off* & Recharge	Rest Day
Lean Circuit 1	Rest Day	Lean Circuit 2	Burn Intervals* & Extreme Abs*	Lean Circuit 3	Burn it Off* & Recharge	Rest Day
Lean Circuit 1	Rest Day	Lean Circuit 2	Burn Intervals* & Extreme Abs*	Lean Circuit 3	Burn it Off* & Recharge	Rest Day

* If you own the Delux DVD's replace:
 Burn Intervals with Get Lean Intervals
 Extreme Abs with I've Got Abs
 Burn it Off with Fat Burn Challenge

Guide Chalean Extreme

Charles Russell Coulter, Patricia Turner



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Table of Contents Guide Chalean Extreme

1. Understanding the eBook Guide Chalean Extreme
 - The Rise of Digital Reading Guide Chalean Extreme
 - Advantages of eBooks Over Traditional Books
2. Identifying Guide Chalean Extreme
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guide Chalean Extreme
 - User-Friendly Interface
4. Exploring eBook Recommendations from Guide Chalean Extreme
 - Personalized Recommendations

- Guide Chalean Extreme User Reviews and Ratings
- Guide Chalean Extreme and Bestseller Lists
- 5. Accessing Guide Chalean Extreme Free and Paid eBooks
 - Guide Chalean Extreme Public Domain eBooks
 - Guide Chalean Extreme eBook Subscription Services
 - Guide Chalean Extreme Budget-Friendly Options
- 6. Navigating Guide Chalean Extreme eBook Formats
 - ePub, PDF, MOBI, and More
 - Guide Chalean Extreme Compatibility with Devices
 - Guide Chalean Extreme Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Guide Chalean Extreme
 - Highlighting and Note-Taking Guide Chalean Extreme
 - Interactive Elements Guide Chalean Extreme
- 8. Staying Engaged with Guide Chalean Extreme
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guide Chalean Extreme
- 9. Balancing eBooks and Physical Books Guide Chalean Extreme
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guide Chalean Extreme
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Guide Chalean Extreme
 - Setting Reading Goals Guide Chalean Extreme
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Guide Chalean Extreme
 - Fact-Checking eBook Content of Guide Chalean Extreme

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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